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Editorial Note

Journal of Geography and Development is a bi-annual publication. In line with the philosophy of the Department of Geography, Benue State University Makurdi, the Journal was launched to provide an avenue for scholars in Geography and other related fields to publish their research results and engage in the exchange of information on conceptual issues, scholarly debate and ideas which will further the course of maximizing the benefits of human behavior while minimizing cost and damages to human environment.

The journal lays emphasis on result of empirical research and conceptual issues in the different aspects of Geography and spatially related aspect of the environment. There is also a section for School Geography, which is devoted to the improvement of research methods and the teaching of Geography. Articles in this area are also welcomed. As more and more scholars seek to apply the knowledge of Geography to real life issues for the purpose of improving human life, we hope that this journal will continue to be an avenue for such publications.

Information to Contributors

Journal of Geography and Development is a bi-annual publication. Contributors must provide on a separate page abstracts of not more than 150 words and also observe the following instructions.

1. Every article must be accompanied by a non-refundable fee of N5000.00 in bank draft payable to the editor-in-chief.
2. Contributors are instructed to use only American Psychological Association (APA) style of referencing.
3. Articles must not be more than 15 pages including tables, diagrams and references. Anything in addition to this attracts an additional fee of N 800.00 per each extra page up to not more than 20 pages.
4. Contributors not using the email are to submit their articles in triplicate copies, typed double spaced in clear English. This will be in addition to a soft copy on a virus free CD in MS word format.
5. Authors' names and addresses should also be submitted on a separate page.
6. A final accepted and corrected copy of an article MUST be submitted as an attachment to our e-mail: jourgeodev@yahoo.com. Word format, only left justified and with a publication fee of N30,000.00 payable through the journal account:

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LEISURE PURSUITS IN RURAL IREPODUN: EXPLORING RECREATIONAL ACTIVITIES AMONG RESIDENTS IN KWARA STATE, NIGERIA

BY

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Abstract

Recreational activities have a lot of benefits that could be harnessed for individual growth and wellbeing. This research work aimed at the participation of rural people in recreational activities in Irepodun Local Government Area of Kwara State. The objectives of the research were to identify the types of recreational activities engaged in; determine the duration spent on recreational activities; and examine gender-based patronage on recreational activities; and determine the literacy levels on rural people's perception to recreational activities. Data for the study were sourced from both primary and secondary sources. The primary source of data was obtained through questionnaire administration while the secondary sources include published and unpublished, journals, articles, and internet. The research was conducted in 11 wards in Irepodun Local Government area. A total number of 100 questionnaire were distributed to respondents using stratified sampling technique in eleven wards in the study area. Data collected were analyzed using descriptive such as tables, percentages and charts and ANOVA was the inferential statistics used. The result of the analysis shows that the respondents were involved in outdoor and indoor recreational activities, the time spent for recreation varies from one hour and above four hours in the study area, more male are involved in recreational activities than female and literacy levels have a significant effect on rural people's perception to recreational activities in the study area. In a bid to improve the participation of rural people in recreational activities, female should be encouraged to participate in recreational activities. Also, both private and government sectors should encourage people to be involved in recreational activities.

Keywords: Recreation, Perception, Patronage, Environment, Rural People

1. Introduction

Recreation is an activity that people engage in during their free time, enjoy and recognize as having socially redeeming value. Recreation can be described as the consumption of leisure or leisure facilities for the purpose of refreshing oneself (Dabiri, 2006). Also, Torkildsen (2015) is defined recreation as time spent replenishing energy/resting and partaking in voluntary activities, activities done after

compulsory duties and activities, such as work. However, recreational activities take place in parks, playgrounds, walkways, stadium, school playing fields, and recreational club grounds, hotels with facilities, discos, and health clubs, golf, polo, and racecourses among others. The lifestyles and physical activities of individuals or people participate in it is influenced by the type of recreational activities he or she is involved in. More so, the benefits of recreational activities reduce the risk of physical health problems and improving cognitive functions of recreationists. Examples of recreational activities include sports, music, games, travel, dance, reading, arts, and crafts (Hutchinson 2011).

Kraus and Keltner (2008) and Sawir, Marginson, Duenert, Nyland, & Ramia, (2007) in their studies showed how exercise, physical activity and outdoor recreation activities have positive effects on depression, stress, and self-esteem. Stress can be eased through rest, relaxation, and revitalization through recreation activity. However, the study aimed at examining participation of rural people in recreational activities in Irepodun Local Government Area of Kwara State. The following are the set objective to; identify the types of recreational activities in Irepodun LGA; determine the duration spent on recreational activities; and examine gender-based patronage on recreational activities.

2. The Study Area

Irepodun local government area is situated in Kwara state, Nigeria. Irepodun local government was created out of Igbomina/Ekiti Division of 1976, because of local government reforms initiated by the military administration. Omu -Aran is the headquarter of Irepodun local government Area. There are two districts namely Ajase Ipo and Omu- Aran and this district comprises of eleven wards (Onundi and Ashaolu, 2014). Irepodun local government area is between latitude 8° 08'0" and 8°20'0" North of the Greenwich meridian and between longitude 4°50'0" and 5°10'0" East of the Equator. The local government area has a total land area of 737km².It shares boundary with Ifelodun local government area to the North, Oke Ero to the South and Offa L.G.A to the East and West respectively.

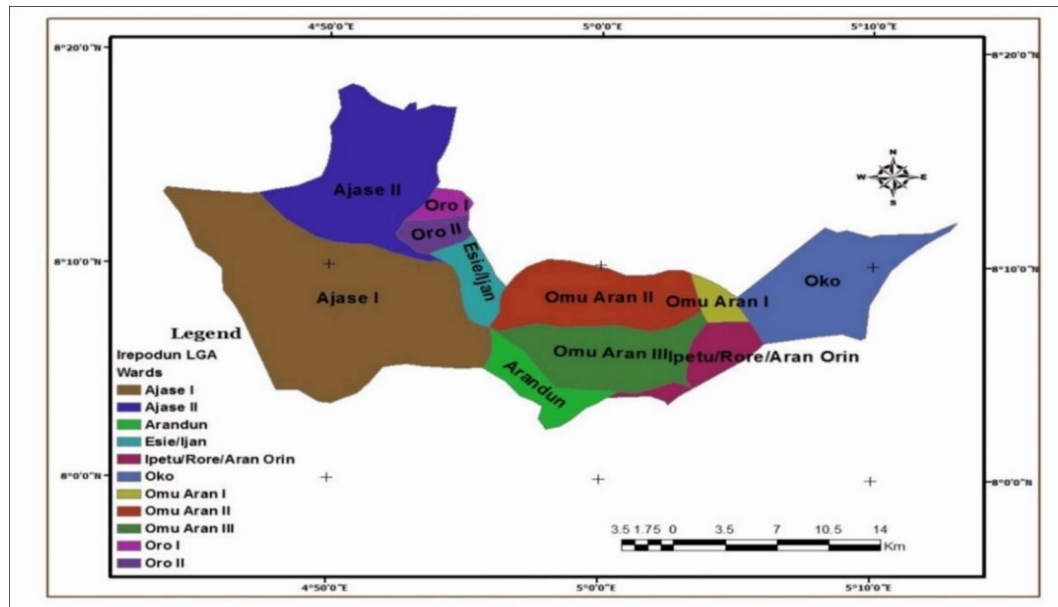


Figure 1: Irepodun Local Government Area

Source: Adapted from Onundi and Ashaolu (2014)

The total population of Irepodun Local Government as of 1991 was 39,091 while in 2006 the population of the 148,610. Using a growth rate of 2.5% from the 2006 census, the 2017 projected population is put to be 195,645 persons. The people are predominantly farmers (subsistence) and artisans (handicrafts, Pottery, weaving, dyeing, leather works and embroidery making). They have small scale industries, such as blacksmithing, machine repairing, bicycle repairing, photography, block making, bread industries, garri processing, candles and school chalk making, steel doors and windows, leather products, pot enamel among others. Few of the population are engaged in banking and insurance services (Onundi and Ashaolu, 2014).

Recreation Theory

Recreation theory was developed by Moritz Lazarus in 1883. The theory states that *“Play is seen as a mode of dissipating the inhibitions built up from-fatigue due to tasks that are relatively new to the organism. Thus, play is found more often in childhood. Play replenishes energy for yet unfamiliar cognitive activities of the child and reflects deeprooted race habits, phylogenetically acquired behaviors that are not therefore new to the organism”*. In other words, when one is exhausted through toil, play recharges one’s energy for renewed work. Lazarus (1883) distinguished between physical and mental energy, pointing out that when the brain is tired (if it is not overtired), a change of activity, particularly in the form of physical exercise will restore one’s nervous energy (Hayden, 2005).

Relationship between tourism, recreation, and leisure

Tourism is the movement of people or individual away from home for at least twenty-four hours and maximum of 356 days for other activities apart from work. While recreation is an activity an individual engage in during leisure time (around the home or far away from home) and leisure can be a systematic time, rejuvenation of the mind and attitude created when other duties are minimized (Chris, 2016). However, Butler 2004 asserted that the concepts of tourism, recreation, and leisure impugned by the term ‘how, where, when and why’ they are applied in context. Leisure motivates people to use their free time and abilities to derive pleasure in participating in any chosen activities (Stebbins, 2017). Also, leisure is a free time created by individuals to participate in chosen activity which rejuvenate the mind and these activities takes place after work (Kim et al., 2018). The disparity in the quality of life among gender are time created for leisure. Most times, women’s leisure is bounded by family while men toted from family and work during leisure. Yerkes, M. A., Roeters, A., & Baxter, J. (2018) and Muhammad Farhat Hayat and Rukhsana Ashiq (2021).

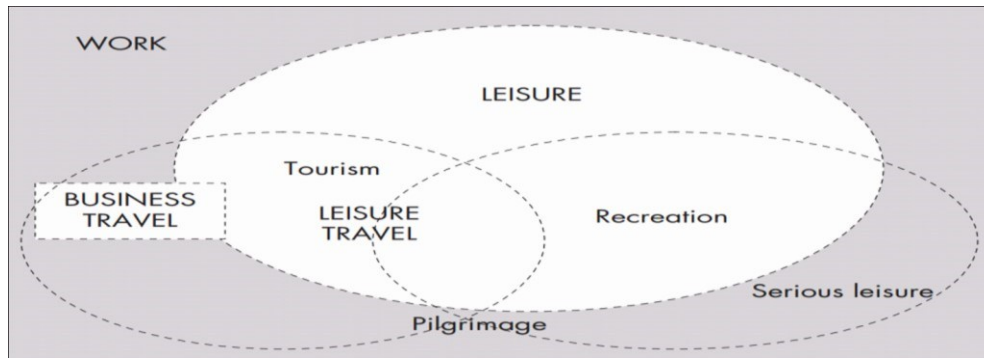


Figure 3: Relationship between leisure, recreation, and tourism.

Source: Adapted from Hall and Page (2007)

An important third dimension that incorporates elements of work (especially with respect to sense of obligation), leisure travel, tourism and serious leisure is that of pilgrimage, which is a major driver for tourism in countries such as India, Israel, Palestine, Saudi Arabia and the Vatican. Figure 3 depicts the overlap that exists between recreation and tourism occur with respect not only to conceptualizing the field but also to the actual undertaking of activities Hall and Page (2007).

3. MATERIALS AND METHODS

Data used for this research were sourced both from primary and secondary source. The primary sources of data employed include observations and questionnaire administration while books and journals from the library and internet search were secondary sources.

The sample frame are the residents living in the study area and sample size is one hundred, the sample size was purposively selected. The study area has eleven ward, nine copies of questionnaire was given to ten wards while ten copies of questionnaire were given to respondents in the last ward because the ward is the largest as shown on Table1.

Table 1: Distribution of Questionnaires among Wards.

S/No	Names of Ward	Number of Questionnaire
1	Ajase	19
2	Ajase	29
3	Arandun	9
4	Esie/Ijan	9
5	Ipetu/Rore/Aran Orin	9
6	Oko	9
7	Omu Aran	19
8	Omu Aran	29
9	Omu Aran	39
10	Oro 1	9
11	Oro 2	10
	Total	100

Source: Author's Field Survey, 2022

Stratified sampling technique was used ward as to make sure that the sample spread all over the study area. Descriptive statistical method (tables and charts) and inferential statistical method (Analysis of Variance) were used to analyze the data obtained.

4. RESULTS AND DISCUSSIONS

This section involves the identification of recreational activities; Gender based Patronage in the recreational activities' perception of people to recreational activities literacy levels influence the participation of people in recreational activities.

Demographic characteristics of the Respondents

Table 1: Socio-economic and Demographic Characteristics of Respondents

S/N	Socio-Economic Characteristics	Frequency	Percentage
1	Sex		
	Male	57	57
	Female	43	43
	Total	100	100
2.	Age		
	Below 20yrs	40	40
	20-30yrs	35	35
	31-40yrs 41-	12	12

	50yrs above	8	8
	50yrs	5	5
	Total	100	100
3.	Educational Qualification		
	None	3	3
	Primary	6	6
	Secondary	20	20
	Tertiary	39	39
	Higher Degree	32	32
	Total	100	100
4.	Occupational Distribution		
	Student	56	56
	Civil servant	16	16
	Business	18	18
	Others	10	10
	Total	100	100
5.	Income level		
	Below ₦5000	20	20
	₦5000-₦10000	24	24
	₦10000-₦20000	21	21
	Above ₦20000	35	35
	Total	100	100

Source: Author's Field Survey, 2022

Table 1 presents the socio-economic characteristics of the respondents. It is observed from Table that 57% of the respondents are males while 43% are females. This means that majority of the respondents in the study area are males. The age of the respondents involved in recreational activities are below the ages of 20 years, and this accounted for 40%, respondents between ages 20 to 30 accounted for 35%, 12% of the respondents fall between the ages 31 and 40, 8% of the respondents are between ages 41 to 50 and the remaining 5% are for those above 50 years. This implies that young people are involved in recreation. Thirty nine percent of the respondents have attended tertiary institutions while thirty-two percent of them have obtained a higher degree, 20% of these people have completed secondary school and 6% of the respondents were with primary school leaving certificates while only 3% have no formal education. These implied that inhabitants of the study area comprise of more literate people than illiterate people. It is also indicated that, 56% of the respondents are students, civil servant accounted for 16%, 18% of the total respondents are engaged in business activities while the remaining 10% engage in

other activities. It can be deduced that majority of the people in the study are students. It is also observed that from the table 1 that, 20% of the respondents earn below ₦5000, 24% of the respondents earned between ₦5000-₦10000, while 21% of the respondents earned between ₦10000 – ₦20000 and the remaining 35% of the respondents earned above ₦20000 monthly. This can be inferred that nearly half of the population in the study area engage in activities that fetch them above ₦20000 monthly.

Types of Recreational Activities

The type of recreational activities that people are engaged in. It is observable that 35% of the respondents are engaged in sport related activities, 34% of the respondent watch movies during recreation, reading as a form of recreation accounts for 17% of the total respondents and 14% of the respondents engage in other activities (See figure 2). The findings infer that majority of people prefer sport and watching movies to other forms of recreation activities. This is supported by Kim et.al., (2018) studied the types of leisure, leisure motivation, and well-being in university students .

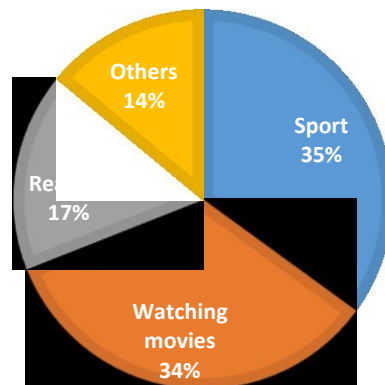


Figure 2: Recreational Activities

Source: Author's Field Survey, 2022.

Duration of Recreation

The duration of recreation indicated on table 2 that 35% of the respondents spends less than one hour for recreation. The respondents that participated in recreational activities for two hours accounts for 34%, another group of respondents spend three hours accounting for 17% and those above four hours account for 14%. This implies

that majority spends between 1-2 hours for recreation. This is in line with Stebbins, 2017 who studied how people spend their leisure time.

Table 2: Duration of Recreation

S/No Recreation Activities		Frequency	Percentage
1	Below 1 hour		
		23	35.0
2	2 hours		
.		33	34.0
3	3 hours		
.		24	17.0
4	Above 4 hours	20	14.0
Total		100	100

Source: Author's Field Survey, 2022

Gender based Patronage in the Recreational Activities.

The patronage of people in recreational activities as shown in Table 4 indicated that sixty four percent of male are involved in recreational activities and thirty-six percent of female are involved. This is because most male are easily involved in recreation especially after work while the female are more attached to the family expect if recreation will involve the family. This is supported by the study carried out on Gender differences in the quality of leisure Yerkes et al., 2018 and Muhammad et al., (2021).

Table 4: Gender based Patronage in the recreational activities.

S/No	Variables	Frequency	Percentage
1	Male more engaged in recreation activities	64	64
2	Females engaged in recreational activities.	36	100
	Total	100	100

Source: Author's Field survey, 2022

Literacy level of rural people on recreational activities

The effect of literacy level of people on their perception of recreation was tested using Analysis of Variance (ANOVA) method of statistical analysis.

Table 5: Literacy level and Participation of Recreational activities

Model		Sum of squares	Df	Mean Square	F	Sig.
1	Regression	2.133	1	2.133	2.068	.043 ^a
	Residual	100.049	97	1.031		
	Total	102.182	98			

a. Predictors: (Constant), participation in recreational activities

b. Dependent variable: Educational status

Source: Author's Field Survey, 2022

From table 5, the significance level 0.043 is less than 0.05. The finding revealed that the literates are better engaged in the recreation activities than the illiterates because of their knowledge and understanding of the benefits that can be accrued from engagement in recreational activities. This implies that literacy level have a significant effect on the rural people's participation on recreational activities in the study area.

5. Conclusion

The study was able to identify the different types of recreational activities engaged in. The duration in which the respondents participate in recreation varies from one hour to above four hours. It was also revealed from the study that more males participate in recreational activities than females. Literacy levels shows that the learned are better engaged in recreational activities when compared to those with little or no education. The study therefore recommends that more female should be encouraged to participate in recreational activities and private sector and government should create more recreational activities in the study area.

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